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Issue i
Winter 2018

Living

HealthyMC.org

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HEALTHIER

for Families in Morrow County



The Gift of Good Health

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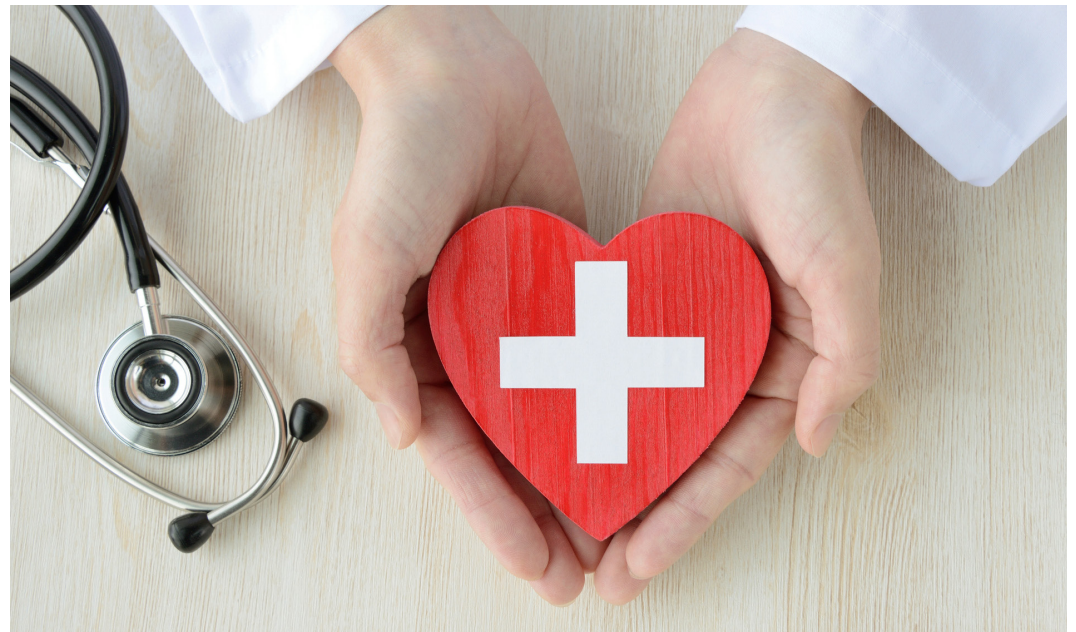


How will you help your family be healthier in the new year? Will you promote better sleeping and eating habits and commit to being more active? No matter what your goals, make sure you're set up for success by creating and sticking to a plan the whole family will benefit from.

Consider all the benefits of having a thoughtful and realistic family wellness plan. Not sure how to get started? We've got four simple first steps.

1. Ask each family member to write down their personal health concerns and goals.
2. Have a family brainstorming session and identify a few healthier lifestyle goals that all members of the family have in common.
3. Plan meals, snacks, and shopping. Designate a family time each week to finding and selecting healthier recipes, create and stick to a list and share shopping duties.
4. Develop a family fitness plan such as daily walks, bike rides, family workouts, yoga, or hiking. Strive for 30 minutes of exercise each day!

"A goal without a plan is just a wish."



When it comes to your health and wellbeing, it's essential that you have a trusted resource for care nearby. Think of Morrow County Health District, or MCHD, as the people and places you can count on for the right level of care when you need it and close to where you live.

With Pioneer Memorial Hospital in Heppner and family health clinics in Heppner, Irrigon, and Lone; county-wide ambulance, home health, and hospice services, you can expect to be treated with compassion and cared for by a team committed to excellence.

▼ Below is a partial list of services available through MCHD.

- ▶ Acute and Chronic Disease Management
- ▶ Adolescent & Well Baby Care
- ▶ Allergy Shots
- ▶ Blood Pressure Screening
- ▶ Cardiopulmonary Services
- ▶ Colonoscopy & Endoscopy Procedures
- ▶ Diagnostic Imaging
- ▶ Emergency Medicine
- ▶ Geriatric & Long-term Skilled Care
- ▶ Immunizations (Vaccinations)
- ▶ Inpatient Rehabilitation & Respite Care (Swing Bed)
- ▶ Laboratory Services
- ▶ Minor Surgical Procedures
- ▶ Prevention and Wellness Screenings & Physical Exams
- ▶ Smoking Cessation



Ask us about our free patient and community health education programs.



All locations accepting new patients. Most insurance accepted.

Healthier Communities are Happier Places to Live

One of the many rewarding aspects of serving as the CEO of Morrow County Health District is the opportunity to travel to communities throughout the county and share what's happening with the hospital and clinics. I especially appreciate being able to introduce new services and staff members who have chosen to practice medicine here in this great place we're all proud to call home.

Reflecting on the exciting year it's been for the organization, the insightful conversations I've had with men and women in our service area, and the various presentations I've given to community leaders, it became more evident to me that communication is a vital aspect of our health care mission. With that, it is my pleasure to introduce you to the inaugural edition of "Living Healthier," the new quarterly publication designed with your health and well-being in mind.

In each edition, we'll keep you up-to-date on various facility improvement and expansion projects, share tips and information on relevant health topics, prevention and wellness strategies, upcoming events, classes, and activities, as well as introduce you to team members committed to providing excellent care and service, and much more.

Finally, I want to share why we decided to name this publication "Living Healthier." Morrow County Health District has a long and rich history of providing care to our community. From emergency and family medicine to a full range of diagnostic and routine health services, we have been a trusted resource and community partner, and this will not change; however, health care has. The future of health care here in Morrow County relies on us to broaden our reach and aim higher in our goals for community wellness. In the coming weeks and months, we will introduce a few new initiatives that align with the Living Healthier theme. With the help of local schools, businesses, and civic partners and your participation, we can begin a positive movement that takes our community in a healthier direction.

Wishing you a safe and happy holiday season.

-Bob Houser, CEO, FACHE



What is the Morrow County Health District Promise of Excellence?

- Welcome our patients and provide exceptional care
- Strive to be the first choice for quality, compassionate care, and to lead the way in promoting wellness and improving health in Morrow County
- Uphold our values: Integrity, Compassion, Quality, Respect, Teamwork, Financial Responsibility

HealthyMC.org

Tip #1 Volunteer

Tip #2 Express Gratitude

Tip #3 Practice Kindness

Improving Health Literacy



Receiving clear and understandable information ensures that patients receive the best care possible, with the best outcomes possible. The caregivers at MCHD are committed to making health literacy a priority for our patients.

Patients and families are often given the overwhelming task of reading and receiving a plethora of information pertaining to their health. Improving health literacy for our patients means that every time a patient receives health information, either spoken or written, it is presented in a clear way that is easy to understand and process. We are committed to providing information and instructions in the clearest way possible. Whether it is appointment instructions, completing medical forms, prescription directions, a diagnosis and care plan options, or any other information you may receive regarding your health, it is our responsibility to make sure you understand and feel as though you can confidently take action.



The Gift of Good Health

Searching for a gift for someone who already has every electronic gadget, work shed tool, or themed socks they'll ever need? Rather than give a traditional gift this holiday season, why not trying giving gifts that will last a lifetime? Help your friends and loved ones stay healthy, and they'll remember how much you care about them for years to come.

The National Institutes of Health, NIH.gov offers the following healthy gift giving guide.

A variety of kitchen gadgets can help you prepare nutritious low-fat foods. Durable nonstick cookware helps cooks cut down on added fats and oils. Slow cookers, rice cookers and vegetable steamers can all aid in the preparation of healthy meals. You can also encourage loved ones to prepare tasty, healthy dishes by giving a healthy cookbook.

NIH has several no- and low-cost options with nutritious recipes reviewed by NIH experts (see Wise Choices).

Some people get a surprising amount of their empty calories by going out to lunch or getting take-out food throughout the work week. Encourage them to

bring healthy food from home with an insulated soup container, a lunch box that doesn't look like it's left over from grade school or a reusable storage container with several small compartments for food.

For that friend or family member who's been talking about getting into shape, make up a coupon for a run, bike ride or workout together. A pass to a local, state or national park system can encourage walking, biking, hiking or even kayaking. Give a gift card for a visit with a fitness trainer or classes at a local health club, pool or community center. Or try to revive interest in a neglected sport with a tune-up at a local bike shop, protective eyewear for an indoor racket sport, or a nice yoga or Pilates mat.

Exercise clothing can make a great holiday gift. So can accessories, like a pedometer or a watch with a heart rate monitor. A watch with a GPS (global positioning system) helps runners track distance and pace. Hikers might also appreciate a GPS device or other accessories, like a walking stick.



Savor the Season of Healthier Eating

Enjoy your favorite foods, only trimmer.



Take the Recipe Trim Challenge

Every one of your favorite holiday meals can be equally delicious and satisfying with a few healthful substitutions.



For kids, sports equipment can be a great gift. Even something as simple as a flying disc, boomerang,

football or soccer ball can provide hours of healthy and fun family activity.

An exercise guide can encourage life-long healthy habits. Older people on your gift list might enjoy Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging. This 120-page book helps you get motivated and describes exercises that enhance endurance, strength, balance and flexibility. It also suggests ways to modify activities so people with chronic conditions and disabilities can exercise safely. Request a free copy by calling 1-800-222-2225, or order online at www.nia.nih.gov/Exercise.

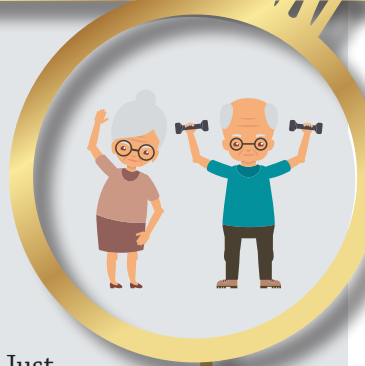
A useful gift for your entire family is a family health portrait. Tracing the illnesses of your parents, grandparents and other blood relatives can help family doctors predict the disorders your family members may be at risk for. Then you can take action to reduce your risks and stay healthy. Try the free web-based tool at familyhistory.hhs.gov.

Another idea is a subscription to a healthy living magazine. Whether

cooking, fitness or general health, a monthly dose of good advice can help people stay on track



all year round. You can even give a subscription to NIH News in Health. Just send the name and address to nihnewsinhealth@od.nih.gov, and we'll send health information from the nation's top experts to your loved one's mailbox every month.



If your recipe calls for this ingredient:	Try substituting this ingredient:
Bacon	Canadian bacon, turkey bacon, smoked turkey or lean prosciutto (Italian ham)
Bread, white	Whole-grain bread
Bread crumbs, dry	Rolled oats or crushed bran cereal
Butter, margarine, shortening or oil in baked goods	Applesauce or prune puree for half of the called-for butter, shortening or oil; butter spreads or shortenings specially formulated for baking that don't have trans fats
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or nonstick pans
Cream	Fat-free half-and-half, evaporated skim milk
Flour, all-purpose (plain)	Whole-wheat flour for half of the called-for all-purpose flour in baked goods Note: Whole-wheat pastry flour is less dense and works well in softer products like cakes and muffins.
Fruit canned in heavy syrup	Fruit canned in its own juices or in water, or fresh fruit
Ground beef	Extra-lean or lean ground beef, ground chicken breast or ground turkey breast (make sure no poultry skin has been added to the product)
Mayonnaise	Reduced-calorie mayonnaise-type salad dressing or reduced-calorie, reduced-fat mayonnaise
Rice, white	Brown rice, wild rice, bulgur wheat or pearl barley
Salad dressing	Fat-free or reduced-calorie dressing or flavored vinegars

Tip #1

Drink More Water

Tip #2

Eat Slower

Tip #3

Avoid Processed Foods

2018/2019 Flu Season Update ▼

While seasonal influenza (flu) viruses are detected year-round in the United States, flu viruses are most common during the fall and winter. The exact timing and duration of flu seasons can vary, but influenza activity often begins to increase in October. Most of the time flu activity peaks between December and February, although activity can last as late as May. In other words, the calendar says, we're at the height of flu season!

What viruses do 2018-2019 flu vaccines protect against? According to the Centers for Disease Control and Prevention (CDC) there are many flu viruses and

they are constantly changing. The composition of U.S. flu vaccines is reviewed annually and updated to match circulating flu viruses. Flu vaccines protect against the three or four viruses that research suggests will be most common.

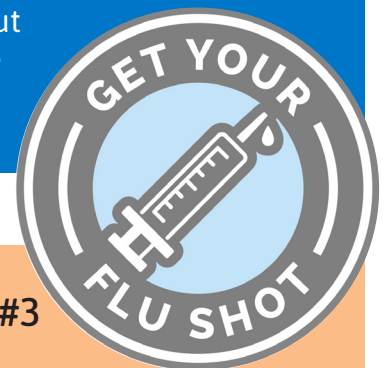
An annual flu vaccine is recommended for everyone 6 months of age and older. Pregnant women, young children, older people, and people with certain chronic medical conditions like asthma, diabetes and heart disease are at increased risk of serious flu-related complications, so getting a yearly flu vaccine is especially important for them.

Protecting yourself, your family, schools & workplace

FLU What's New with?

Every day preventive tips & actions:

- ▶ Try to avoid close contact with sick people.
- ▶ If you or your child gets sick with flu-like illness, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- ▶ While sick, limit contact with others as much as possible to keep from infecting them.
- ▶ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ▶ Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- ▶ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ▶ Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- ▶ If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.



CDC recommends a three-step approach to fighting influenza (flu).

Step #1

Everyday preventive actions may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

Step #2

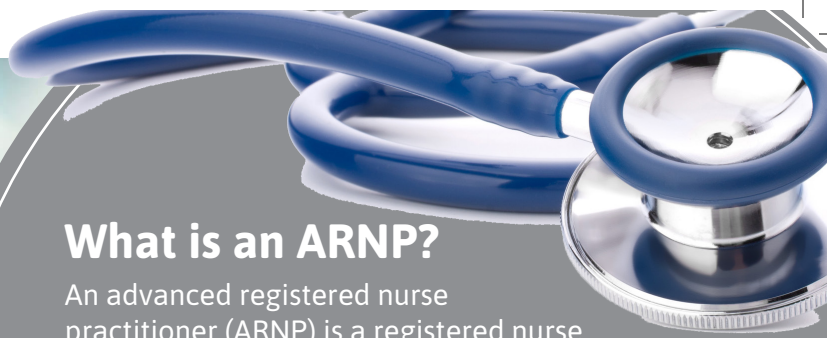
Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women.

Step #3

Get a flu vaccination each year. But if you get the flu, there are prescription antiviral drugs that can treat your illness.



Vicki Kent
ARNP



What is an ARNP?

An advanced registered nurse practitioner (ARNP) is a registered nurse who completes a graduate-level educational program. An ARNP can have primary responsibility for patient care. ARNPs practice independently and may work with physicians and other health care professionals. A licensed ARNP examines patients and establishes diagnoses by patient history, physical examination and other assessments. She also can admit, manage and discharge patients to and from health care facilities, order, collect, perform and interpret diagnostic tests, manage health care by identifying, developing, implementing and evaluating a plan of care and treatment for patients, prescribe therapies and medical equipment, and medications when necessary.

Meet Our Caregiver

At MCHD, we believe that every person on our team is a caregiver, whether they're a clinician or working behind the scenes, each of us focus on the needs of our patients and their families. In Living Healthier we'll introduce you to our MCHD caregivers.

Meet Advanced Registered Nurse Practitioner, Vicki Kent.

Q: How long have you been with MCHD?

A: I joined the organization in April of 2015 and provide full-time primary care, including women's and children's health services at the Irrigon Medical Clinic. I've been a nurse for over 36 years.

Q: What did you choose a career in rural health?

A: I love rural Eastern Oregon and have lived here most of my adult life. While I received my education and training in Portland, Pendleton, and Spokane, rural life suits me and rural health is my passion, especially caring for multiple generations in a family.

Q: What can you tell us about your family?

A: My husband Richard and I have two children, Nicole and Joshua; and four grandchildren: Damian, Clayton, Jade, and Cody. We love to snow ski, fish and golf, and stained glass is hobby of mine.

Q: What do you see for the future of MCHD?

A: I share the vision of expanding our services to include an Urgent Care, more health education services, and working with my colleagues and community collaborators to successfully address our District's most pressing health issues.

Tip #1

Exercise #same
time every day

Tip #2

Wear the #right
shoes

Tip #3

Find a #workout
buddy

Coming Soon STAY TUNED!

Visit our website, Facebook Page and Twitter Feed to learn about upcoming news, events and opportunities including:

- Irrigon Clinic Open House
- Meet our new Respiratory Therapist who will host CPR classes
- A new and exciting community-based health education program called "Shop Talk"
- Upcoming Dates for Mobile Mammography and MRI Services

"Give young people a greater voice. They are the future and they are much wiser than we give them credit for."

— Desmond Tutu

MCHD welcomes the Ione High School Youth Advisory Council as they meet weekly at our Ione Community Clinic to discuss important health issues affecting students in the community, advocate wellness and prevention, and learn about important health awareness programs.

Health and wellness are topics MCHD would like to make top of mind for everyone at every stage in their lives!

ALL IS WELL *in Irrigon*

Welcome to Irrigon Medical Clinic. We offer patients a wide variety of medical care including family medicine, geriatrics, women's health services, preventive medicine, urgent care and minor surgery.



Below are some frequently asked questions.

What are your clinic office hours?

Clinic hours are Monday & Thursday, 8:30 am - 7:00 pm
Tues, Wed, Friday 8:30-5:00pm

Who are your providers?

Vicki Kent, ARNP
Richard A. Aballay, MD
Jon Watson, PA-C

Are you accepting new patients?

Yes, some of our providers are currently accepting new patients.

What insurance do you accept?

We accept most insurances, please call to verify.

Address:

22 N. Main Street
Irrigon, OR 97844

Main Phone:

(541) 922-5880. Please call if you have any questions, or would like to schedule and appointment.



**MORROW COUNTY
HEALTH DISTRICT**
Excellence in Healthcare

HealthyMC.org  

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This newsletter is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

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